

How to Cure Catarrh.

A Remedy That Has Proved Successful in Thousands of Cases of Catarrh, Bronchitis and Asthma.

Dr. Blosser, the celebrated Catarrh Specialist, offers a trial sample of his valuable remedy to any one suffering from Catarrh, Bronchitis, Asthma, Catarrhal Deafness, etc. The remedy is to be smoked and the medicated smoke-vapor penetrates into every diseased part of the head, throat and lungs.

Wonderful success has attended the use of this remedy. Thousands of cases have been cured—many of them were of 15, 20, 25 and even 40 years' standing.

Mr. I. V. Morgan, Riverside, Ky., writes: "After suffering from catarrh for five years, am sound and well." Dr. L. L. Murrey, Archer, Tenn., writes: "Cured my boy of chronic throat trouble." Mrs. B. M. Nevins, Wakefield, N. H., writes: "Cured catarrh and asthma of 20 years' standing."

The cost of a month's treatment is only \$1.00. A three days' trial sample will be mailed to any sufferer who will write to the Dr. Blosser Company, 371 Walton St., Atlanta, Ga.

greatly to the advantage of both mother and child.

A healthy child may be weaned at nine months old, but this should be gradually done: abrupt weaning is neither humane, or wholesome. The practice of cramming infants who suckle with gruel, panada, or other aliments of the sort is highly baneful. The colic and crying occasioned by these messes are often mistaken for the calls of hunger, the dose repeated and the mischief done; the foundation for dyspepsia is often thus laid, the administration of "soothing" and other syrups begun, and baby gets really sick. Nature will usually correct errors of diet, if let alone, but how few mothers are willing to leave her to her own resources.

The best food for a weaned baby is the milk from a fresh, healthy young cow, with rice, sago, arrow-root, good home-made bread, very stale. The mother must use judgment in the proportioning of these as no fixed rules can be laid down.

Sweetmeats are bad for the baby, and over-feeding a prolific source of disease. Accustom the baby gradually to the fresh air, and let them have as much of it as the weather will permit. Don't use pins as fastenings for their clothes, and do use common sense in your care of the dear little things.

Flower Talks.

Do not forget the flower seeds. Even the busiest woman may have some beauty about her—and should. If you have time to attend to it, and "favorable conditions," (which means sunny windows and warm rooms), now is the time to start your window boxes. If you cannot give the boxes care, wait a month or two longer. A ten-cent packet of mixed crozy canna seeds, planted now and given proper care, will give you many plants which will bloom from July until hard frost. The seeds germinate as readily as corn, which the young plants resemble, but they do not always come "true," though generally most of them are desirable. If you are particular as to color or kind it is best to order of your seedsman, as the roots are cheap, and, with care as to

water and sunshine, a small root will soon make a large clump, sending up spike after spike of bloom-stalks. Plenty of water, rich, strong soil and a sunny situation, with a good mulching of coarse material, is what the canna wants. Do not order the roots too soon, and when they do come, do not "kill them with kindness." Keep the soil only well moist, "if in pots, and keep in a warm place until growth starts; too much water while dormant will cause the roots to rot.

The perennials are the plants for the busy woman, especially on the farm, as the spring work allows little leisure. Many of these may be grown from seeds, which you can buy of the seedsman in mixture for 3c to 5c per packet, and these packets will give you a large variety of colors. A 10c packet, all kinds mixed, will supply you with a variety of kinds. Many of these will not bloom the first year, but will make large plants or clumps ready for business the second season, and for many seasons thereafter. There is a continual surprise awaiting one, as plant after plant shows its color, and many of them are so very beautiful. I have a bed of perennial poppies, planted last spring, which gave me a few blooms, and the plants are green and growing under their light covering of straw, ready for business as soon as the spring opens. Many other things are hidden about in corners, only awaiting the warm spring rains to show me how grateful they are for the little space and care I give them. Do, dear mothers and sisters, gather these beautiful things about you.

"Scrupulously Clean."

One of the hardest lessons to teach the average housework girl is that of the importance of absolute cleanliness in the culinary department of the housework—the imperative necessity of keeping the cooking vessels scrupulously clean. There are few things that are more vexatious to the careful housewife than, when called by accident, choice or necessity into the kitchen to help out the cook, to have to wait for the scouring or washing out of every dish or vessel she may require in the work she undertakes to do; the measuring-cups, rolling-pin, mixing pans, etc., more or less covered with patches of dried dough; the flour or meal bins used as dumping-places for remnants of various baking-days in all stages of fermentation; the cooking-spoons, ladles, chopping-knives, beaters, all bearing evidence of their last usage, while pots, pans, bowls, pitchers, boilers—in fact everything, testifies to the "slack" (to call it mildly) methods that obtain in every cup-board and corner intrusted to the care of the girl or woman who resents, as a direct insult, any attempt at oversight or supervision on the part of the woman who pays her wages.

When one comes down to the real facts of the case it is surprising how few women really do know how to wash dishes well, or realize that dirt in the cooking vessels means disease. It seems impossible to impress them with the importance of sanitation in the handling of vessels in which the food for the family must be cooked. There seems to be a fixed and uncontrollable dislike to dish-washing, which is their excuse for the miserable, slipshod way in which the work is generally done. One cannot make them understand that it is easier to do things well than to do them ill—that work well done is twice done, and will give them twice the leisure possible to be obtained by slighting it. They refuse to recognize that half-washed vessels always impart to whatever is next cooked in them a disagreeable flavor which quite spoils even the best material, and that the distressing frequency with which the family is served with burnt or scorched vict-

uals is largely the result of the slovenly dish-washing to which the cooking vessels are subjected.

Query Box.

A Reader, Colclessor, Neb.—I do not recall any poem containing the words you mention.

Mrs. F. L., Oklahoma.—Old-fashioned ginger snaps are made thus: Rub half pound of butter thoroughly into two pounds of flour, then add half pound of sugar, a tablespoonful of ginger and a dash of cayenne pepper; mix well, and moisten with a pint of good molasses; knead, and roll very thin, cut with a small round cutter, and bake in a moderate oven until light brown. To have these cakes perfect, they must be rolled as thin as possible, and cooked until crisp.

Mrs. H. L. M., Deadwood, S. D.—Try this to brighten your linoleum: For a room ten feet square, break two eggs into a vessel, beat them enough to partially mix them, and add about a quart of water. After washing the linoleum, dip the mop in this preparation, go over it thoroughly and leave it to dry in the air. An old linoleum treated thus will look almost new, and like it had been varnished. Bees-waxing it is also recommended, not only for looks, but for better wear.

Katherin.—Enameled ware should be cleansed with hot water in which a little soda has been dissolved—one ounce of soda to a gallon of water—and let boil twenty minutes; if the stain does not all come off, scour with sapollo, or brick dust, rinse well in hot water and wipe dry. If the contents have burned on the kettle, empty at once, fill with water, put in wood-ashes in proportion of a pint of ashes to two gallons of water, and boil half an hour, then clean with sapollo or brick dust as above; in either case, if the first effort fails, repeat. To clean a brown porcelain kettle, roll peeled potatoes in it.

N. N., Hillsboro, Ore.—To remove ink-stains from linen, dip the goods in boiling tallow, let cool and wash in warm suds. Or, soak in very acid buttermilk; or, rub salt over it and expose to the hot sun.

Either your pop-corn has not been well dried, or it is not the popping kind.

For graham wafers, see answer to J. L. C., in Query Box of Feb. 13.

J. E., Oakley, Kas.—For salt-rising bread I give you the recipe used by myself, when I make it; but salt-rising is not so certain as yeast-raised dough, though simpler, as only flour, water (milk is not essential) and salt are used; this bread requires greater care, from start to finish, and should be made oftener, as it dries out quicker than that in which potatoes are used. The unpleasant odor in rising is the result of acetous fermentation, and the stronger the smell the more sure you are of having good sweet bread when baked. The dough requires less kneading than yeast-raised dough. Here is the recipe: One pint of new milk (or water) and half as much water, heated to a temperature of about 90 degrees, one teaspoonful of salt, one of sugar, and soda the size of a large pea; mix well in a perfectly clean bowl or pitcher, stirring in a tablespoonful of cornmeal and flour enough to make a stiff lather; beat up thoroughly, and place in an iron kettle containing enough quite warm water to allow the pitcher barely to rest on the bottom of the kettle. Cover closely, and leave on the stove all night, where it will keep quite warm for several hours, but not scald, as a little too much heat will ruin it; if you have a hot-water reservoir, the top of that is a splendid place for the kettle. If the pitcher is not large, and your flour good, it will probably be full in the morning; if not well-raised, add a

tablespoonful of warm flour, stir well, re-heat the water in the kettle, replace the pitcher, cover and keep warm until light, which should be in a few hours. Have ready two or three quarts of sifted (if in winter, warmed) flour, make a hole in the center, put in a teaspoonful of salt, a teacupful of nearly boiling water, one pint of new milk (or water), and stir a batter in the center, and add the emptyings from the pitcher and stir well—the thorough stirring is important. There will be considerable flour around the batter; draw a portion of the flour from all sides over the batter, cover well, and keep warm until light: it should rise in an hour or maybe less time. With the hand, work the rest of the flour into the sponge, knead until smooth, mould into loaves, put into well greased pans, and set in a warm place to rise; grease the tops well with warm butter, and when well-raised, put into the oven, which should be hot enough to sear the loaves in five minutes, but should not begin to brown the loaves for twenty minutes. The oven should gradually cool after the first twenty minutes.

Do not leave the loaves in the pan to sweat, but turn them out at once, when done—a perfectly clean walnut table is a good place to lay them on; when well-cooled, put them in a stone jar, with close-fitting cover.

I have been thus elaborate in my directions, because so many fail with this kind of bread, which, when well-made and well-baked, is perfectly delicious. In cold weather, if your rooms are cold at night, it is best to set your "emptyings" very early in the morning instead of at night.

Mrs. McB., Charlotte, Mich.—Your query properly belongs to the advertising department. Sent you answer by mail.

BUILDING BONES

Of Great Importance That Children Have Proper Food

A child will grow up with weak and small bones or strong and sturdy frame, depending on the kind of food given.

That's why feeding the youngsters is of such great importance. The children do not select the food—the responsibility rests with the parent or guardian, or with you if you select the food for a boy or girl.

The scientific selection of this food should begin as early as possible. That's when the delicate little plant needs the tenderest care. A well known lady of Calistoga, Calif., says: "About two years ago my little niece was taken sick. When medical aid was called one physician pronounced the case curvature of the spine; another called it softening of the bones and gave but little hope of her recovery. For weeks she had been failing before her parents thought it anything but trouble from her teething.

"She had been fed on mushes and soft foods of different kinds, but at last her stomach could retain scarcely anything. At this time she had become a weak little skeleton of humanity that could not much more than stand alone.

"The doctors changed her food several times until finally she was put on Grape-Nuts which she relished from the first and ate at almost every meal and her recovery has been wonderful. She has been gaining ever since in strength and weight.

"She has eaten dozens of packages of Grape-Nuts in the last year and a half and the child is now a rosy-cheeked and healthy little girl, still clinging to her Grape-Nuts.

"It is plain the food has saved her life by giving her body the needed material to keep it well and the bone material to build with." Name given by Postum Co., Battle Creek, Mich.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.